

Roland – Morris Acute Low Back Pain Disability Questionnaire

Name: (Please Print) _____ Date: _____

Age: _____ Date of Birth: _____ Occupation: _____

How long have you had low back pain? ___ years ___ months ___ weeks

Is this your first episode of low back pain? ___ yes ___ no

Use the letters below to indicate the type and location of your sensations right now.
(Please remember to complete both sides of this form.)

A = Ache

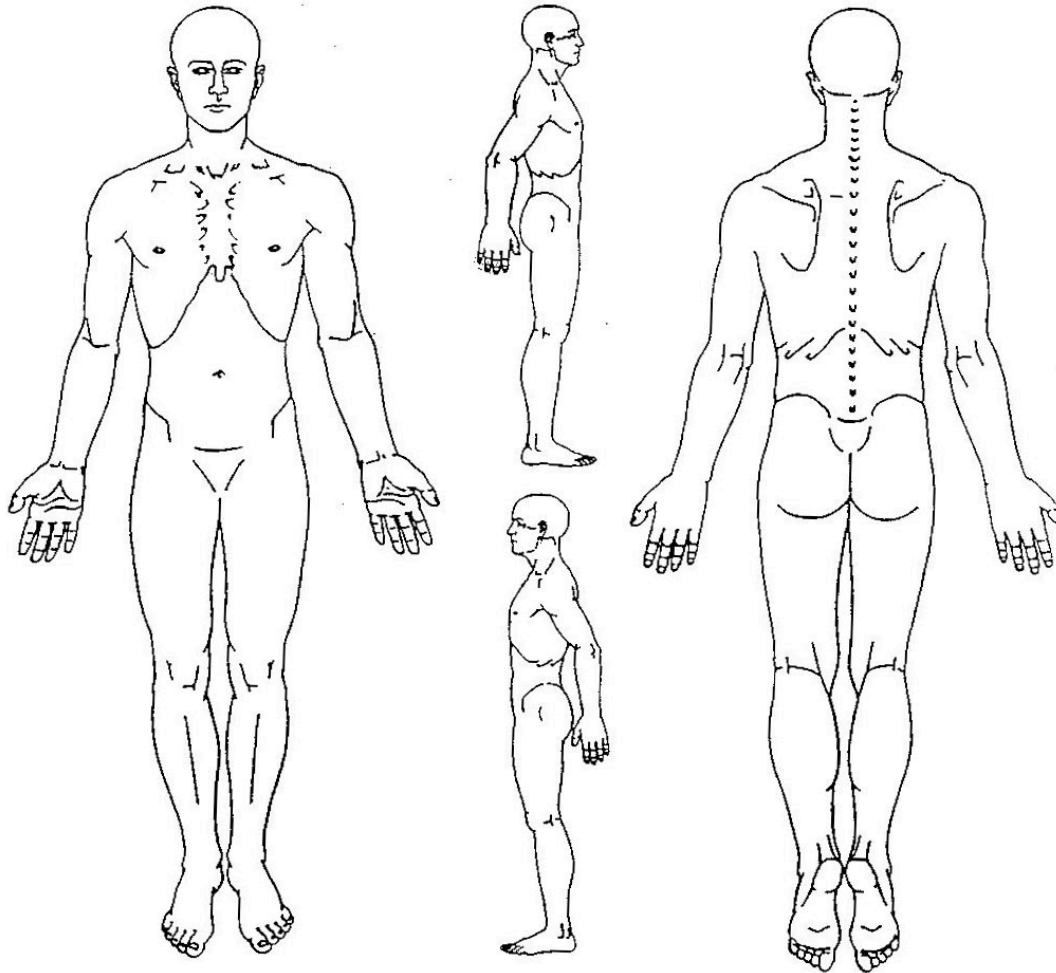
B = Burning

N = Numbness

P = Pins and needles

S = Stabbing

O = Other



Over Please

**ROLAND MORRIS ACUTE LOW BACK
PAIN DISABILITY QUESTIONNAIRE**

Name: _____

Date: ____ / ____ / ____

Please Read Instructions: When your back hurts, you may find it difficult to do some of the things you normally do.
Mark only the sentences that describe you today.

- I stay at home most of the time because of my back.
- I change position frequently to try to get my back comfortable.
- I walk more slowly than usual because of my back.
- Because of my back, I am not doing any jobs that I usually do around the house.
- Because of my back, I use a handrail to get upstairs.
- Because of my back, I lie down to rest more often.
- Because of my back, I have to hold on to something to get out of an easy chair.
- Because of my back, I try to get other people to do things for me.
- I get dressed more slowly than usual because of my back.
- I only stand up for short periods of time because of my back.
- Because of my back, I try not to bend or kneel down.
- I find it difficult to get out of a chair because of my back.
- My back is painful almost all of the time.
- I find it difficult to turn over in bed because of my back.
- My appetite is not very good because of my back.
- I have trouble putting on my socks (or stockings) because of the pain in my back.
- I can only walk short distances because of my back pain.
- I sleep less well because of my back.
- Because of my back pain, I get dressed with the help of someone else.
- I sit down for most of the day because of my back.
- I avoid heavy jobs around the house because of my back.
- Because of back pain, I am more irritable and bad tempered with people than usual.
- Because of my back, I go upstairs more slowly than usual.
- I stay in bed most of the time because of my back.

With Permission: Roland M, Morris R. A study of the natural history of back pain. Part I: development of a reliable and sensitive measure of disability in low-back pain. Spine 1983 Mar;8(2):141-4.